UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

Housekeepers' Chat Tuesday, January 15, 1929.

NOT FOR PUBLICATION

Subject: "How to Cook Beef, According to the Cut." Chinese menu and recipes from Bureau of Home Economics, U. S. D. A.

Bulletins available: "Cooking Beef According to the Cut," and "Rice as Food."

--ooOoo--

I promised to give you a Chinese dinner today. That is, a modified Chinese dinner. While you are getting ready to write the menu, and the recipes, I'll talk a little bit about the new leaflet called "Cooking Beef, According to the Cut."

This leaflet is one of the most popular I have ever mentioned. Every mail brings me hundreds of requests for it. In fact, the meat leaflet is almost as popular as the green radio cookbook.

This is a pretty good time to mention the leaflet again, while we are planning our budgets for the new year. Food plays such a big part in a family budget -- many a perfectly good budget has gone to wrack and ruin, all because of a grocery bill.

But to get back to the meat bulletin -- do you know that appetizing dishes can be made from all cuts of beef -- the inexpensive, as well as the more expensive?

That's where the budget comes in; if you know something about the different cuts of meat, and how to cook them in order to bring out their best qualities, you can select and serve appetizing meats to suit any family budget.

In the new meat leaflet, there are recipes for a number of cuts of beef -- and all these recipes have been worked out by women in the Bureau of Home Economics. The Recipe Lady herself is responsible for many of the dishes described in the leaflet -- and you all know the Recipe Lady's special brand of dishes by this time.

In cooking the more tender cuts of beef, such as sirloin and porterhouse steaks, and rib and loin roasts, there are several points which every housewife ought to know.

The best method of cooking the tender cuts is to sear the meat, at a high temperature, for a short time, until a brown coating is formed, then to

reduce the temperature, and finish the cooking at a moderate heat. Do not cover the meat, and do not add water. Meat cooked in this way loses little of the delicious flavor developed by browning, and the drippings can be poured over the meat, or made into a tasty gravey.

The tender cuts of meat are cooked until rare, medium, or well done, according to personal preference. A meat thermometer, kept in the center of the roast during the cooking, removes the guesswork, and makes it possible to get the exact stage desired. Beef is rare between the temperatures of 130 and 150 degrees Fahrenheit, medium between 150 and 170 degrees Fahrenheit, and well done at about 180 degrees.

All this information, and a great deal more, is included in the beef leaflet. As many people like mushroom sauce with their steak, and Yorkshire pudding with rib roast of beef, these recipes are also given in the leaflet.

Every good cook knows that the general method of cooking the less tender, and less expensive, cuts of beef, differs from the method for the more tender cuts. For the less tender cuts, we must have heat, moisture, and slow cooking. The meat is first seared in a small quantity of fat, until it is browned; then it is cooked with a little water, in a tightly covered container. Pot roast of beef, and Swiss steak are typical recipes for meats cooked by this method. Other recipes given in the leaflet are for stuffed flank steak, broiled Hamburg steak on onion rings, and beef croquettes.

Once again, let me give you the title of this leaflet: "Cooking beef, According to the Cut." It's just the size of the radio cookbook and fits very neatly into the back of the book. If you want the most usable information about meat that I have yet seen in print, I advise you to send for this leaflet, called "Cooking Beef, According to the Cut."

And by the way, I wish that everyone who listens to my talks had a copy of the "Radio Record." This Radio Record is also the size of the cookbook, and has the same attractive green cover. The Record provides a convenient place for the new recipes I broadcast three or four times a week, and it also has a place for every menu. A great deal of work goes into the planning of the menus, and it seems to me that a complete record of every menu, would be about the handiest thing a housewife could have on hand. The Radio Record is free.

Well, we'd better get started on this Chinese dinner, or somebody will be saying Aunt Sammy didn't keep her promise. We used this menu while my brother Fred was home from college. He asked me one evening to have something "different" for dinner, so I fixed up a Pork Chop Suey, with Fried Noodles and Rice.

Here's the whole menu: Pork Chop Suey; Fried Noodles; Rice; Lettuce with French Dressing; and for dessert, Ginger Pears, Cream Cheese, and Whole Wheat Crackers. A real Chinese dinner generally tops off with preserved ginger or kumquats. Ginger pears are an American substitute.

The recipe for Pork Chop Suey is the important part of this menu. It includes eleven ingredients, but I'll read slowly, and I'm sure you can write the recipe. Don't forget to abbreviate wherever possible, and to use a big T for tablespoon, and a small t for teaspoon. All ready -- eleven ingredients for Pork Chop Suey:

1 pound lean pork
2 cups shredded onion
2 cups celery, shredded
1 green pepper, shredded
2 cups meat broth
4 tablespoons soy sauce
2 cups sliced Brazil nuts or Jerusalem artichokes
2 tablespoons fat
1-1/2 teaspoon salt, depending upon the amount of salt in the sauce
1 teaspoon cornstarch, and
1 tablespoon cold water

Eleven ingredients; let's repeat them: (Repeat)

Cover the pork with hot water, and simmer until tender. When cool, shred the meat and brown lightly in a skillet in 1 tablespoon of fat. Remove the meat, and add the pepper and onion with the rest of the fat, and cook for 3 or 4 minutes. Add the celery, meat, salt and meat broth, cover, and simmer for 5 minutes. Mix the cornstarch and water until smooth and stir into the mixture. Then add the nuts or artichokes. Add the soy sauce in sufficient quantity to give the desired flavor, and more salt if necessary. Serve with hot flaky rice.

I shall not broadcast the recipe for Flaky Boiled Rice, because it is in the Radio Cookbook on page 22. While I think of it, if you want a bulletin which contains 30 or 40 recipes for rice dishes, from soup to desserts, send for the Rice Bulletin. It also is the same size as the Radio Cookbook, and will fit in the back of the cookbook. That's where I keep my Rice Bulletin.

Let's repeat the menu: Pork Chop Suey, Fried Noodles; Rice; Lettuce with French Dressing; and for dessert, Ginger Pears, Cream Cheese, and Whole Wheat Crackers.

Tomorrow: Lines for the Stout and Stylish.

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Note: The supply of "Aunt Sammy's Radio Recipes," is temporarily exhausted. Please continue to send in names as usual, and the books will be mailed as soon as the new supply is ready.

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